



Simple Hummus Sandwich

Try other flavors blended into the hummus like roasted red pepper, roasted garlic, banana peppers or chipotle peppers! You can also try other beans, like black beans or navy beans.

U.S.

1-2 cloves	Garlic, rough chopped
1 (15 oz) can	Garbanzo Beans, drained and rinsed
1/2 each	Lemon, juiced
1/4 cup	Water
1/4 cup	Extra Virgin Olive Oil
1/2 tsp	Salt
To taste	Black Pepper
1/2 tsp	Hot Sauce (optional)

Metric

1-2 cloves
1 (15 oz) can
1/2 each
60 mL
60 mL
3 g
To taste
2.5 mL

Preparation:

1. Gather all ingredients and equipment.
2. Blend all ingredients in a food processor or blender until smooth. If hummus is too thick, add water a tablespoon at a time until desired consistency is reached.
3. Refrigerate after making.

Optional Step: Before blending, microwave the chickpeas until hot (1-2 minutes on high). This will result in a smoother hummus.

To Serve (Makes one sandwich):

**** Multiply Sandwich Recipe by 4 ****

1 roll	Whole Wheat Sandwich Thin, toasted
2 Tbsp	Hummus
1/2 cup	Baby Spinach or Arugula
4 slices	Cucumber, thinly sliced
4 slices	Apple or Pear
1 oz	Cheddar Cheese, sliced
2 slices	Tomato, thinly sliced

****Nutrition Facts on Reverse**

Nutrition Facts

1 Servings

Serving size **1 Sandwich**

Amount per serving

Calories **280**

Calories from Fat 90

Total Fat 10 g

 Saturated Fat 3 g

 Trans Fat 0 g

 Monounsaturated Fat 2.5 g

Cholesterol 15 mg

Sodium 430 mg

Total Carbohydrate 40 g

 Dietary Fiber 7 g

 Total Sugars 11 g

 Includes 0g Added Sugars

Protein 16 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 320 mg

Phosphorus 40 mg

Nutrition Facts - Hummus Only

16 Servings

Serving size **2 Tablespoons**

Amount per serving

Calories **70**

Calories from Fat 35

Total Fat 4 g

 Saturated Fat 0.5 g

 Trans Fat 0 g

 Monounsaturated Fat 2.5 g

Cholesterol 0 mg

Sodium 85 mg

Total Carbohydrate 6 g

 Dietary Fiber 0 g

 Total Sugars 0 g

 Includes 0g Added Sugars

Protein 2 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 35 mg

Phosphorus 25 mg
